



Professional Success Series

Incredible Confidence

What do I want? _____

I am wonderful because: _____

My model – I see myself: _____

When will I know? _____

Change Triad: How I hold my body. What I say to myself. What I focus on.

Power Poses: _____

Kinesiology – Thoughts become things: _____

Power of positive thought: _____

Questions I need to change: _____

Confident memory: _____

How do I feel? _____

Gratitude:

- ✚ Start every day thinking of what I am grateful for.
- ✚ End every day with “*Thanks for the BEST thing that happened*”.

References:

- Power Poses (Ted Talk)* – Amy Cuddy
- Get Out of Your Way* – Tim Shurr
- The Magic* – Rhonda Byrne

Audio Programs: (Use SMILE code for 20% discount)

Incredible Confidence / Stressful to Successful / Release the Pain / Think Trim

What My Mind Can Conceive... And Believe... I Can Achieve!

- Henry Ford